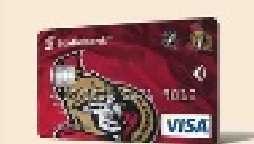
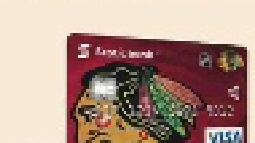
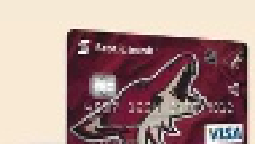
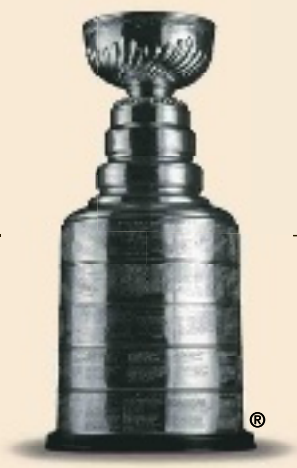


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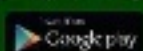
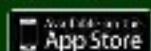
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PAGE 16



STOOGES COME STUMBLING BACK

CANADIAN ACTOR TALKS ABOUT HIS ROLE AND THE REVIVAL OF SLAPSTICK

PAGE 13



OTTAWA

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Wednesday, April 11, 2012



News worth sharing.

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Spartacat and Mayor Jim Watson take an Ottawa Senators Zamboni for a spin down Elgin Street, a.k.a. "Sens Mile," to celebrate the team making the playoffs. For more on the team and the playoffs, see pages 23 & 24. GRAHAM LANKTREE/METRO

Mayor takes Zamboni joyride down 'Sens Mile'

Playoff party. Mayor Jim Watson whoops it up with Spartacat, Ottawa Senators officials and local fans



GRAHAM LANKTREE
graham.lanktree@metronews.ca

Mayor Jim Watson welcomed the Ottawa Senators into the playoffs Tuesday ahead of Thursday's series-opening game against the Rangers by raising the team's flag over city hall and driving a Zamboni down Elgin Street.

"I believed that this was going to be happening," said Bob FM radio host Cub Carson, who joined Watson at the podium. "We believed it. TSN didn't believe it, Sportsnet didn't believe it, the ex-

perts at The Hockey News didn't believe it."

Following an introduction by Carson, Watson added: "We're proud of the team, we're proud of their efforts and the never-give-up attitude that the players have."

Driving the Zamboni down Elgin Street, Watson was followed by a colourful group of fans decked out as a robot, a red Sensquatch and a hockey puck.

"We're excited for them to play the Rangers and we hope they're going to go on and play the Bruins," said fans Pamela Ray and Dan Lapierre, at the Zamboni's final stop in front of Elgin's St. Louis Bar and Grill.



For more local news visit metronews.ca/ottawa

School gets props for cause

Colonel By High's anti-bullying initiative has impressed the father of an Ottawa teen who committed suicide PAGE 3

A Moroccan favourite

Join an emerging trend in Canadian kitchens with chicken tagine with preserved lemons PAGE 17



Need a breather from work?

Take some cues from yoga — breathe, stretch and twist your mind to desk-side zen PAGE 20



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Local school is 'way ahead' with anti-bullying cause

Student-led initiative.
City councillors applaud high school's anti-bullying efforts



JOE LOFARO
joe.lofaro@metronews.ca

Jamie Hubley's father, Coun. Allan Hubley, says that he's impressed with Colonel By High School's Students Advocating For Equality (SAFE) committee and that other schools should be doing the same.

"I'm very, very impressed with what they're doing," said Hubley Tuesday after speaking to about 50 Colonel By students at lunch hour.

The committee invited the Kanata South councillor and Beacon Hill-Cyrville Coun. Tim Tierney to speak to students about bullying and how proposed legislation can help eliminate it in schools. Jamie Hubley was 15 years old when he took his own life last fall after suffering from depression and bullying at

Jer's Vision

- SAFE is currently running Rainbow Week and is expecting a visit from Jer's Vision on Friday.
- Jer's Vision is a youth-led organization that initiates anti-bullying and anti-discrimination programs in schools
- They also help lead the International Day of Pink — DayOfPink.org

his Kanata high school. He was openly gay and tried to launch a "rainbow club" at school to promote acceptance of all students.

Like the rainbow club, SAFE organizes events promoting acceptance and equality, backed by about 30 volunteer students.

"What you're doing is fantastic and today we're having a dialogue on bullying," Hubley told students.

"You're way ahead of other schools by what you're doing here."



Beacon Hill-Cyrville Coun. Tim Tierney, left, watches as Kanata South Coun. Allan Hubley speaks to Colonel By High School students about his late son's struggle with bullying and the province's proposed changes to anti-bullying legislation. **JOE LOFARO/METRO**

Not just an O-Town Farm Boy anymore



Farmboy CEO Jeff York CONTRIBUTED

By Thanksgiving, Farm Boy will expand its grocery aisles to Kingston with a new 26,000-square-foot location just off the 401, said the company's CEO Jeff York.

"I'm pretty familiar with the Kingston market, and I think there's a real demand for what we offer," he said Tuesday, of the Ottawa-based business. "We figured it out with the fresh distribution radius that people in Kingston will see no difference in quality at our store from those in Ottawa."

When the new store opens,

it will feature a hot-food eat-in area, which the company is test-launching at another new location this summer in Orléans.

"Kingston will see the cutting edge of what we're doing even before other stores in Ottawa do," York said.

A longtime shopper at the grocery chain, York added that when he joined the company as CEO in 2009 he began looking at growing the brand, making its business model more robust and creating new products to offer in their locations.

"I was a shopper there and that's what attracted me to the company," he said. "I think Farm Boy was ahead of the curve in strictly going for fresh food. People want to eat less processed foods and foods with preservatives. There's not one thing at our chef's counter that has preservatives in it."

Kingston is just the first step that York hopes will establish the company across the province and beyond. "We believe there's a void in the market across Canada that we can fill."

GRAHAM LANKTREE/METRO

One of the best-kept secrets in television history has been revealed: The Simpsons creator Matt Groening has come clean on his inspiration for the animated hometown of Homer and family. Scan the code for the story.



Mobile news

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Health. Study finds women low in folic acid likely to have lower incomes, not take supplements

A little over a fifth of Canadian women of child-bearing age don't have the recommended levels of folic acid in their systems to prevent birth defects like spina bifida, and according to the findings of an Ottawa researcher, it's often because they aren't taking supplements.

Cynthia Colapinto, a University of Ottawa PhD candidate at CHEO's Healthy Active Living and Obesity Research, was the lead author of the study, which appears in the April edition of the journal *Applied Physiology, Nutrition, and Metabolism*.

"The main reason we found was that those who were not taking a folic acid supplement were less likely to achieve these concentrations," she said.

While folic acid occurs naturally in foods like leafy greens and citrus, and it's added to grain products, Colapinto said, the Canada Food Guide recommends women of childbearing age boost their intake with a supplement, typically a multivita-



Lead researcher Cynthia Colapinto
CONTRIBUTED

min.

Colapinto's research also found that income affects outcomes, with better-off women more likely to take supplements.

"The lower prevalence of supplement users were of lower income as well," Colapinto said.

"We need to refine our current interventions for this subgroup to look at whether there's issues of accessibility or education that need to be addressed."

STEVE COLLINS/FOR METRO

Transit. Province approves funds for environmental assessment of 174 expansion

The planned widening of Highway 174 got a \$1-million boost yesterday, as the provincial government announced additional funding for environmental assessment of the project, and Cumberland Coun. Stephen Blais says that means relief is coming for east-end commuters.

The assessment will study expanding the 174 to six lanes from the "split" with Queenway to Trim Road, and four lanes from Trim to Rockland.

Orleans residents, Blais said, are big transit users, with 60 per cent of those who work downtown taking the bus, but

the 174 is still bogged down at rush hour, with average speeds of 40 km/h.

Blais himself has spent many hours on the 174, "thinking to myself, I would have preferred to stay at home and play with my son before dropping him off to daycare instead of sitting in the car driving to work."

"Reducing commute times lets families spend more time together, lets people partake in extracurricular activities, and if they choose to be, lets them be more productive at work, which is good for the economy," he said.

STEVE COLLINS/FOR METRO



Ontario Infrastructure Minister Bob Chiarelli announces new funding for an environmental assessment of the planned widening of Highway 174 in Ottawa yesterday as Francois St-Amour, warden of the United Counties of Prescott-Russell, looks on. CONTRIBUTED

Stittsville

Police close sexual-assault investigation

Police said there will be no charges laid following an investigation into an alleged sexual assault at a party organized by members of the Gloucester Rangers junior hockey team last November.

A girl alleged she was sexually assaulted at a Nov. 19 party at a player's home in Stittsville.

Police Const. Marc Soucy said Tuesday that the investigation is now closed.

JOE LOFARO/METRO

Highway 69

Woman killed in police-chase crash identified

Ontario's Special Investigations Unit has released the name of an Ottawa woman killed in a collision near Parry Sound Sunday night.

Liza Marie Charbonneau, 38, died after a police chase on Highway 69. The OPP had deployed a spike belt to stop her vehicle, which hit two police cruisers and went off the road.

Charbonneau, the sole occupant of the vehicle, was pronounced dead at the scene. The SIU is investigating the incident.

STEVE COLLINS/FOR METRO

Greenbank Road

Cops looking for cell bandit

Police want the public's help finding a man who robbed a cellphone kiosk March 27 on Greenbank Road.

Police say the man passed a note to a clerk demanding phones and then fled after getting the devices. Police say the man was white, 220 pounds, had a husky build, and was in his late 20s.

Anyone with information about this robbery, or any other robbery, is asked to contact the Robbery Unit at 613-236-1222 ext. 5116 or Crime Stoppers at 613-233-8477 (TIPS) or toll-free at 1-800-222-8477. METRO



Police are asking for help identifying this man. POLICE HANDOUT

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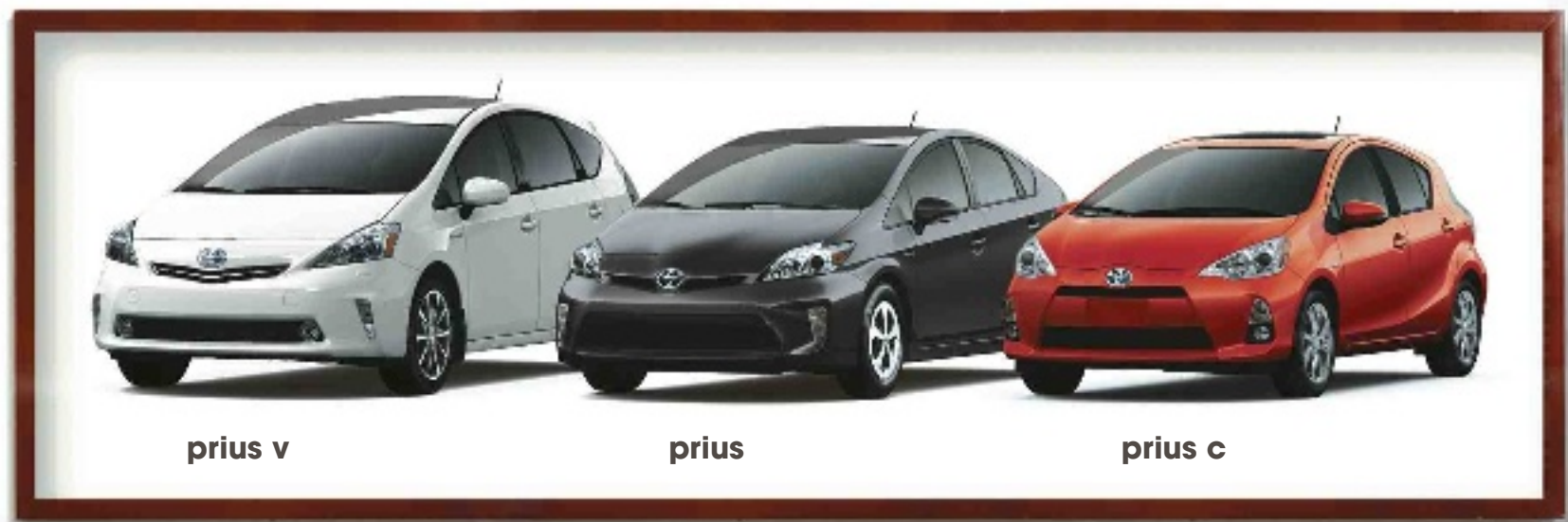
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New NDP Leader Thomas Mulcair: family man. ADRIAN WYLD/THE CANADIAN PRESS

Mulcair gets new TV face: He cares ... just like Jack

The family man.

Olivia Chow and the NDP launch a new ad that rejects any lurch to centre and stresses party continuity

Newly minted NDP Leader Thomas Mulcair is being introduced to Canadians as someone who will fight for ordinary families.

Just as his predecessor Jack Layton did.

The emphasis is on continuity, not change, in a new English television ad being

Fighting for you

"As a cabinet minister and a member of Jack's team, I've always fought for you. We've started something special together. Now let's get the job done"

Thomas Mulcair, in the new television ad

launched by the federal NDP.

It features Layton's widow, NDP MP Olivia Chow, assuring viewers, "Jack's vision is in good hands."

During the seven-month

leadership contest to choose Layton's successor, Mulcair was portrayed by his rivals as someone who would lurch the social democratic party to the centre of the political spectrum, turning it into an imitation of the venerable Liberal party.

Yet the English ad features a series of "ordinary" Canadians expressing confidence that Mulcair will champion issues closest to their hearts.

"He'll fight for my family," says a young mother, packing groceries into her car.

"He cares if I make ends meet," a tool-toting tradesman tells the TV viewers.

THE CANADIAN PRESS

In-flight emergency

Korean jetliner in midair drama

A Korean Airlines Boeing 777 was diverted to a Canadian Forces base on Vancouver Island Tuesday night because of an in-flight emergency.

THE CANADIAN PRESS

Woman kidnapped

Cormier appeals

Romeo Cormier, 64, guilty of abducting a woman and sexually assaulting her for almost a month, is appealing his 18-year term. THE CANADIAN PRESS

Miss Universe. Beauty pageant throws out ban on transgender women

Transgender women will be allowed to participate in the Miss Universe beauty pageant next year, officials announced Tuesday.

They have already ruled Vancouver's Jenna Talackova, 23, can vie for the crown this year. She had a sex change four years ago after being born a male.

Now pageant officials say they are working on the language of the official policy change.

Initially, organizers in Canada disqualified Talackova from the 61st Miss Uni-

verse Canada pageant set for May, citing a rule that she must be "naturally born" a woman.

The new rules will have to be approved by Donald Trump, who runs the Miss Universe Organization, and NBC. Trump and NBC co-own the contest.

Talackova told ABC's Good Morning America she has a boyfriend and hopes to have children some day.

She said, without elaborating, "Yes, I want to have two children."

THE ASSOCIATED PRESS

Is Norway mass murderer sane or psychotic?

Court must decide.

Experts weigh in on eve of the trial of the man who confessed to the massacre that shocked the world

When Anders Behring Breivik goes on trial next week, both the prosecution and the defence will say he killed 77 people in a bomb-and-shooting massacre that jolted the world's image of terrorism.

The only question now is whether the self-styled anti-Muslim militant was sane when he did it — and after a new psychiatric assessment Tuesday, even that may no longer be in dispute.

"Our conclusion is that



Anders Behring Breivik: His trial starts Monday and is expected to last 10 weeks. THE ASSOCIATED PRESS

he (was) not psychotic at the time of the actions of terrorism and he is not psychotic now," said Terje Toerrissen, one of the psychiatrists who examined Breivik in prison.

The twin attacks on July 22 — a bomb in Oslo's government district followed by

a shooting spree at the governing Labor Party's youth camp outside the capital — brutally shocked Norway and reminded the West of terror threats other than al-Qaida.

The blond, blue-eyed gunman surrendered to police on a lakeside island where the bodies of his many teenage victims lay scattered.

He claimed he was the Islamic terror group's antithesis — a modern-day crusader waging a war against Islam in Europe.

Breivik confessed to the attacks but rejected guilt, saying he had acted to protect Norway from being overrun by Muslims by targeting the left-leaning political establishment he claimed had betrayed the country with liberal immigration policies.

THE ASSOCIATED PRESS



Santorum quits the White House race

Rick Santorum is out. Surrounded by family members Tuesday, the staunch social conservative ended his campaign to be the Republican contender in the race to the White House. "While this presidential race is over for me ... we are not done fighting," Santorum said in Gettysburg, Pa. His exit leaves Mitt Romney as the presumptive Republican nominee. GENE J. PUSKAS/THE ASSOCIATED PRESS

Bus emergency

Students pass life-or-death test

Students heading to school rushed into action when their bus driver slumped over the wheel unconscious.

Surveillance video shows Jeremy Wuitschick, 13, grabbing the wheel on Monday morning.

Wuitschick had noticed

the driver was shaking and his arms flailing just as the bus started to pull into Surprise Lake Middle School in Milton, Wash.,

Wuitschick removed the keys from the ignition and stopped the bus.

Another student started chest compressions on the driver until adults arrived and he was taken to hospital in "grave" condition.

"I was just thinking, 'I don't want to die,'" Wuits-

chick said. "I turned to the right. Turned to the side of the road. Took the keys out of the ignition. We started slowing down, and I said, 'Somebody call 911!'"

School official Jeff Short said Tuesday he had no update on the condition of the 43-year-old driver. The man's wife asked authorities not to release any details about him as relatives were being notified, Short said.

THE ASSOCIATED PRESS



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Feeding your taste for space



An astronaut enjoys green tea and almonds — before he is subjected to spirulina and stinky cheese. CONTRIBUTED

What's on the menu in the cosmic diner?

Algae slime and spicy, smelly foods ... but also some normal dishes, freeze-dried



ANTHONY JOHNSTON
Metro World News

When budding space tourists prepare to step aboard their commercial cosmic flight, what can they expect as their in-flight meal?

"Plenty of pungent, spicy and piquant food," says food scientist Robin Fegen, who specializes in preparing space cuisine for food enthusiasts.



Anthony Johnston takes a taste.
ANTHONY JOHNSTON/METRO WORLD NEWS



Out-of-this-world flavours

"We recommend serving a very strong cheese that has a powerful taste, as in space you lose your normal sense of smell.... Other favourites include anything doused with chili and garlic."

Robin Fegen, the Robin Collective

Fegen, 26, is the director of the Robin Collective, a London-based group of entrepreneurs that hosts experimental food banquets for trend-hungry yuppies.

After collaborating with an astronaut and a space-nutrition expert at a recent science fair, some of Fegen's dishes have been "certified" as potential food for cosmic travel, he says.

"Each food tries to overcome eating problems that can crop up in space," says Fegen.

"For example, we recommend serving a very strong cheese that has a powerful taste, as in space you lose your normal sense of smell."

Eighty-five to 90 per cent of taste is controlled by your olfactory organs and at zero-gravity molecules in the air

don't spread out in the same way.

"Other favourites include anything doused with chili and garlic."

As refrigerators use a lot of electrical power, they are a no-no in space. Instead, food is irradiated, dehydrated or freeze-dried for preservation.

"The good thing is that most dishes on Earth can be prepared into 'flight-ready'

meals," NASA food scientist Michele Perchonok tells Metro.

"Unfortunately, having pizza in space is impossible, as each component — wheat, sauce and cheese — requires at least partial gravity to prepare."

So, in space, while you sacrifice some foods, you can try new ones.

Spirulina, a green algae that is rich in protein and B vitamins, is touted as a future space crop by the European Space Agency's project MELiSSA, which researches growing food in potential lunar bases on Mars.

But as Fegen describes, "It's what I call an algal slime that tastes like a dirty fish tank."

Not over the moon for stinky cheese

I paid Robin Fegen a visit to try out his homemade space food.

First on the sampling menu is spirulina, that brownish-greenish algae that's packed with protein and B vitamins.

I got around that nasty "dirty, fish-tank" taste by eating it in a thick goo of chocolate.

The cocoa was overwhelming, while the spiru-

lina gave a bit of a tingle on the tongue.

With gusto, I tried the algae on its own — more tingling, but this messy powder-like algae leaves a stench only a fisherman can love.

Next on the menu was chili "caviar."

No doubt inspired by the Russian space-trekking aristocracy, this dish has all the texture and complexion of

real caviar — only it's made out of some brown algae and is hot 'n' spicy.

Just like caviar, expect that surprise bursting-bubble sensation on your tongue, and then a powerful pow of pepper striking your taste buds. I would still prefer to sneak on some ketchup.

Curiously, I noted that U.S. astronauts have the hots for chili, while Russian

cosmonauts prefer lashings of garlic.

The stronger the flavour, the more likely you'll taste it, says space foodies.

Well, I can't say I agree with that extra-strong Stilton cheese.

If you like eating unwashed socks, tuck in. I'll stick to the spirulina, thank you.

**ANTHONY JOHNSTON/
METRO WORLD NEWS**

Q&A



Michele Perchonok
ANTHONY JOHNSTON/METRO WORLD NEWS

They don't just eat from tubes

A Q&A with NASA food-scientist Michele Perchonok.

When you're up in space, are you stuck with the same food all the time?

Not at all. Right now we prepare over 180 food types; we can feed a crew with three meals a day for eight to 10 days without repeating the same meal twice.

So what type of food do NASA's astronauts eat?

Basically any food can be eaten up there, but they need to be processed so that they're not easily spoiled and can be eaten at zero-gravity. Contrary to what people may think, astronauts don't really eat pureed, condensed foods straight from a tube. The Apollo crew did, but they were only in flight for a few days. When you're up in space on longer missions, you have to have more acceptable meals. There is also a lot of psychology involved in eating there — many astronauts seek "comfort food" like macaroni and cheese that they might not normally eat on Earth.

You pick the foods astronauts get to eat. Do they have a say in it?

In fact, they do — after each mission, a crew member is debriefed and they can suggest what new foods they can eat. After enough requests from crew members, we added vegetarian chili and Caribbean jerk chicken to our menu.

**ANTHONY JOHNSTON/
METRO WORLD NEWS**

In Metro Thursday

- We reveal the Canadian finalist for our Metro Race for Space contest.

More at metronews.ca

- **"Life-changing":** Businessman Gregory Olsen dishes on being a space tourist.
- **Science fiction:** Scientists delve into the plausible and implausible of space movies.



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Workers win

Aveos employees to share \$6.2M in back pay

Employees of insolvent aircraft-maintenance company Aveos Fleet Performance will share \$6.2 million in unpaid wages and payroll contributions, a Quebec judge ruled Tuesday.

Justice Mark Schragger of the Quebec Superior Court approved the payment by April 21 of \$5.8 million in

unpaid wages, along with \$450,000 in employer payroll contributions for 2,665 retained and terminated employees.

The sums include \$199,500 owed to 81 management and 15 union workers who have been retained to oversee the liquidation process. Each employee will be entitled to a maximum of \$2,000.

The April 5 court order says no further priority claims can be asserted against Aveos under the Creditors Arrangement Act.

THE CANADIAN PRESS



A byte worth \$600 billion

Apple CEO Tim Cook announces the new iPad in San Francisco last month. Apple, already the world's most valuable company, hit the \$600-billion level for the first time Tuesday.

PAUL SAKUMA/THE ASSOCIATED PRESS FILE

Market Minute



DOLLAR
99.59¢
(-0.76¢)

Natural gas: \$2.10 US (-0.7¢)
Dow Jones: 12,715.93 (-213.66)



TSX
11,935.29 (-83.21)



OIL
\$101.02 US (-\$1.44)



GOLD
\$1,660.70 US (+\$16.80)

Axe falls on CBC programs as cuts begin

Media. World-affairs radio program Dispatches and CBC News Network's Connect with Mark Kelley cancelled

Big budget cuts at the CBC are putting "everything" on the chopping block — including hit shows Republic of Doyle and Heartland, programming boss Kirstine Stewart said Tuesday, as the public broadcaster axed CBC News Network's Connect with Mark Kelley and CBC Radio's Dispatches.

Tough decisions about how to manage a \$225-million shortfall will include shaving six existing or planned shows from the public broadcaster's TV lineup, said Stewart, executive vice-president of CBC's English Services.

"We are making those decisions next week and we've got some pretty strong

criteria to make those decisions," Stewart said after CBC staff were briefed on job and program cuts in an internal meeting.

"But in the end, what we're trying to do is protect the programming that Canadians seem to be most interested in and it will really narrow down the variety of programming that we've been able to give Canadians over the last few years."

Staff learned Tuesday that CBC TV's programming and news departments will bear the brunt of punishing cuts planned over the next three years. They include shuttered news bureaus in Africa and South America as well the elimination of 88 news jobs.

"It's not a good day for CBC," said Marc-Philippe Laurin, president of the Canadian Media Guild's CBC branch. "Canadians are really going to see a difference on the TV screen and hear a difference on CBC Radio."

THE CANADIAN PRESS

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GOOD DAY SON SHINE



JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

Very Bad Idea Department: James McCartney, son of Paul the Beatle, was caught musing out loud the other day about forming a band composed exclusively of the sons of former Beatles: himself, Sean Lennon (John), Dhani Harrison (George) and Zak Starkey (Ringo).

James, cruelly described by the Telegraph as a “plumper, sadder, balder” version of his famous dad, told the BBC he fantasizes about being better than the Beatles. At 34, he better hurry. In fact, the whole (potential) act is in danger of geezering out before it gets started.

Sean Lennon is 36, Dhani Harrison is 33, and reluctant Beatle 2.0 Zak Starkey is 46. No wonder he's reluctant. At his age you like to be in bed by 10, which is not a rock-'n'-roll time zone. Zak is in danger of engendering Beatles 3.0: The Grand-Kids Are All Right.

There are a host of Beatle larvae waiting in the wings if these four don't want to play nice together, but they're equally venerable. Julian Lennon is 49 and plays in a band called AARP (just kidding) and Jason Starkey is a slightly more sprightly 44.

The interesting thing is that all these old guys are musicians. Less interesting, perhaps, is that, all together, their records have sold fewer copies than any of the other No. 1 hits generated by their Fab Fathers in their glory days.

Lest we forget, an album called 1, which is a compilation of all 27 of the Beatles' No. 1 hits, released in 2000, is still the biggest-selling album of the 21st century, with 31 million copies sold by the end of 2009. The Beatles are the only group to have the best-selling record in two decades: Sergeant Pepper's Lonely Hearts Club Band dominated the '60s and 1 dominated the 2000s.

Into this epic tale wanders the warmed-over DNA of the next generation. So far, without much distinction. The most remarkable thing about their collective genius is a knack for weird band names, such as: thenewno2s, Ghost of a Sabre Tooth Tiger, Musty Jack Sponge and, my personal favourite, the Exploding Nudists. Nope. Never heard of any of them either.

One or two of the 2.0 Beatles have enjoyed individual success: Zak Starkey has been a drummer for the Who and Oasis, which can be viewed as the most successful Beatles tribute band to date. Sean and Julian Lennon had their moments, but none of those moments holds a candle to Imagine.

If the boys weren't British, this could be a Greek tragedy in which the sons are crushed by the mythic reputations of their fathers. But it's hard to feel sorry for the heirs of men who sold more than a billion records.

Even if they sing out of tune, they'll get by with a little help from their dads.



James McCartney
JASON MERRITT/GETTY IMAGES



Sean Lennon
CRAIG BARRITT/GETTY IMAGES



Dhani Harrison
ETHAN MILLER/GETTY IMAGES



Zak Starkey
KATY WINN/GETTY IMAGES

Guest hails from the Ice Age



KIN CHEUNG/THE ASSOCIATED PRESS

42,000 years old

Born in the Ice Age, returns with tell-all

The most well-preserved baby mammoth, named Lyuba, is displayed at a press preview in Hong Kong Tuesday.

The one-month-old baby mammoth of the Ice Age died 42,000 years ago and was preserved in the ice. Lyuba was found by a rein-

deer herder in the permafrost of the Yamal Peninsula, Siberia, in 2007.

According to the Daily Mail, she is thought to have died in a mudslide at a month old.

The mud basically “pickled” the mammoth.

“She was doing great, very healthy. She just had this terrible misfortune,” palaeontologist Dan Fisher, of the University of Michigan, told the news agency.

THE ASSOCIATED PRESS

Research

10,000

Siberia-based scientists say they are hopeful that studying the mammoth will help explain what caused mammoths from the Ice Age to vanish about 10,000 years ago.

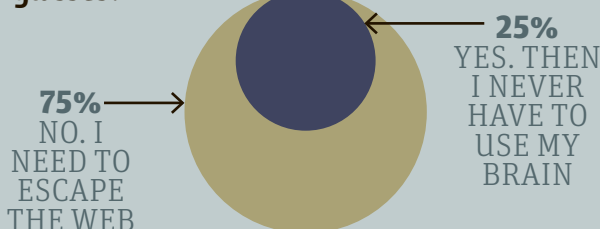
Meets her match

- She will be exhibited in Hong Kong from April 12 to May 10.
- According to MSNBC, another young mammoth, named Yuka, with strawberry-blond hair, was revealed to the world last week.



Register at metropolitanpanel.ca and take the quick poll

Would you wear Google's new digital glasses?



Twitter

@alexthepuffin: If you ever want to feel better about biking in Ottawa, bike around Kingston for a bit. #ottbike

@StephenBlais: Ottawa in good company #ottcity MT @nydailynews: Smoking now banned in NY State Parks in New York City

@debraisabel: Just put a hold on a book at the Ottawa Public Library and I am #1 in

line. Small things are making me happy today.

@roseneath_rd: At a Canadian Club of Ottawa luncheon. I lower the average age by 25 years. As you would expect at any event called a “luncheon”

@WrightRyan: Flaherty could give every citizen living in Ottawa \$10,000 & it would still be less than the “accounting differences” for the #F35 #cdnpoli

In Focus

Some classic Stooge-filled flicks

The Three Stooges —



IN
FOCUS
Richard Crouse
scene@metronews.ca

Larry Fine, Curly Howard and brother Moe Howard were the most famous incarnation — “nyuk! nyuk! nyuk!” their way through 220 slapstick movies in a career that spanned the heyday of vaudeville to the 1970s.

This weekend a new trio says “Hello! Hello! Hello!” in *The Three Stooges*, a Farrelly Brothers directed comedy. But if it’s classic Stoogisms you’re looking for, check out these movies:

The story of Hoi Polloi was so effective the trio recycled it twice more in the films *Half-Wits Holiday* and *Pies and Guys*.

Disorder in the Court casts the boys as star witnesses at the murder trial of their friend, a nightclub dancer.

Curly’s favourite film was *A Plumbing We Will Go*, which featured the guys as plumbers hired to fix a leak in a mansion.



I know you were a fan

The Three Stooges return to the big screen.

Chris Diamantopoulos speaks to Metro about his role and the return of slapstick films

STEVE
GOW
scene@metronews.com

There’ll be a lot of eyes on the Farrelly Brothers’ *The Three Stooges*. Not only has the Friday release been a long time in construction, but the Hall Pass filmmakers insist the movie’s a dedicated love letter to the slapstick legends.

We caught up to Toronto-born actor Chris Diamantopoulos (TV’s 24) to discuss playing the Stooges senseless skipper, Moe Howard.

More quotes

See what Chris Diamantopoulos had to say on a wide variety of subjects.

- **Dressing up for the audition.** “When I found out about the audition, there was a memo that said ‘do not arrive in character,’ this is a modern take on the Stooges,” said Diamantopoulos. “I thought that’s stupid, I can’t go in and be Moe looking like me.”
- **The potential comic**

superstars. “They never really got their just desserts,” said Diamantopoulos. “By today’s standards, especially if back when they were around there was social networking, The Stooges would’ve been mega-superstars.”

- **The Look of Moe.** “There’s this term — physiognomy — which basically means the way you’re face looks affects how you sound so I had to look that way.”

but why did you love the Stooges?

It just comes from watching them at such an early age and knowing that my parents loved them. I started watching them when I was five or six years old ... there were about 50 or 60 shorts that I

knew off by heart and when my parents would want entertainment, I would just recite the whole episodes for them in the summers in Greece (because) we didn’t have a TV.

Why do you think physical comedy is so endearing?

There’s something universal and timeless when done right about somebody falling, slipping, randomly being hit or poked if it’s instigated the right way and if the poke or hit is warranted.

It’s just funny — no matter what language you speak and what era, again if it’s instigated the right way — it’s all about set up, pay off and timing.

The original Stooges are often considered guy’s comedy. How is this different?

You’re right in saying that men love the Stooges. Although it’s funny — going to screenings and talking to people who’ve seen the movie, I’ll tell you the pervading message that I’m getting is that it’s the women that are falling in love with this movie...what this movie has that I think will definitely attract women is heart. It’s so very emotional. The message is simple but it’s really, really sweet.



Chris Diamantopoulos, centre, leads the Stooges in the latest version of *The Three Stooges* franchise. HANDOUT

The lasting effect of physical comedy

2

SCENE

Scene in brief

Jolie taking on famous villain role

Angelina Jolie is turning wicked as one of Disney’s most famous villains in *Maleficent*, a live-action twist on *Sleeping Beauty* that’s set for release just under two years from now. Walt Disney Studios announced Monday that *Maleficent* is due in theatres on March 14, 2014. The film will spell out the back story of the evil enchantress in Disney’s animated classic *Sleeping Beauty*.

On the web



Kathleen Turner says
Winnipeg play taught her
she wasn’t “born to play
ingenue”

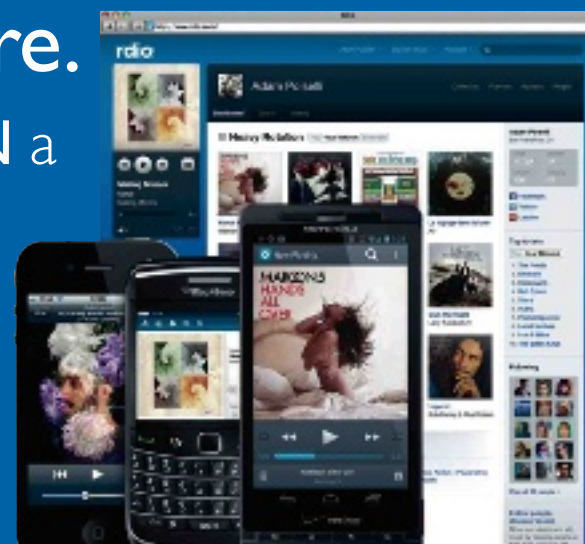
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Maggie Grace in Lockout HANDOUT

Grace under fire

Maggie Grace. Lost actress talks about her new role in Lockout and her accidental ascent as an action star

NED
EHRBAR

Metro World News in Hollywood

Maggie Grace wants to make it clear that while her eye is tearing up, it's not because of anything anyone said. "I'm not crying. I just did a little damage [on set] last night," she says. "I just injured my eye a little bit. I didn't want people to think I was just so emotional."

And then, to undermine her own point, Grace then launches into a tearful speech about how wonderful Lockout co-star Guy Pearce is before breaking down laughing.

Grace, who first rose to fame as the pampered Shannon on Lost, has been following an interestingly physical track with her film career, which is something she hadn't expected.

"It's funny, it's become kind of a theme for me — a string

of action movies," she says. "I just wrapped Taken 2 — and I was the girl who would lock myself in the locker room and cry after gym class. So it's just funny what life brings you."

Her latest film, the sci-fi caper Lockout, is a part of that action-heavy trend. "I pretty much looked like a dalmatian," she says about her bruised appearance after filming was completed last autumn in Serbia. Not that she's complaining, of course.

"We arrived in Serbia to start training a little bit early with the wires and do some combat training, so that was really helpful. And also a lot of fun. Probably the closest I'll get to being a trapeze artist myself," she remembers.

And while so much work in the action genre may seem like a happy accident to her, Grace doesn't feel the same way about acting in general.

"I never understand those 'tripped and fell' stories. I don't know how that works," she says, referring to actors who claim they found their vocation by chance.

"Maybe it sounds sort of modest or something, I don't know. But I feel like I've worked really hard to get where I am,

'Don't I know you from...?'

With all the travelling she does — and with parts in two beloved franchises (Lost and Twilight) — Maggie Grace is often stopped by fans.

• So what's she recognized for most these days? "Usually Taken lately. For a long time it was Lost, and that still comes up. Those are pretty hard-core fans, the Losties," she says. "But Taken, it's pretty funny. Especially in airports, of course."

and I'm pretty proud of it."

She's also proud of how much travelling she does for work, noting that she's back in L.A. for the first time since living on location since October.

"If you have any time off, I love to explore. It's one of my favourite things about doing this for a living — and why so far I've really preferred features to television," she says.

"I don't know how I'm going to commit to one man for the rest of my life when I can't commit to one television show for a seven-year contract."

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VFS 25 YEARS

Lindsay Lohan being accused of assault ... again



Lindsay Lohan ALL PHOTOS GETTY IMAGES

A woman is accusing Lindsay Lohan of attacking her at a party in the Standard Hotel in West Hollywood recently, but Lohan's rep insists the troubled actress didn't even leave her home the night in question, according to TMZ.

And the website seems to be on Lohan's side, for once.

"We have spoken with six people at the hotel — some of whom were working on the night in question — and none of them saw Lindsay that

evening," the site reports.

The woman in question claims she was assaulted by Lohan after chatting up a guy the actress had her eye on.

"Lindsay was absolutely not involved in any sort of altercation whatsoever. This is clearly another case of someone looking for money and 15 minutes of fame," Steve Honig, Lohan's rep, says.

"You have to wonder about someone who calls the media before the police."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rinna making adult diapers cool



THE
WORD
Dorothy Robinson
scene@metronews.ca

Maybe you've seen Lisa Rinna star in a new Depend adult diapers commercial.

But in case you haven't, here's the recap: The 48-year-old is filmed wearing a skintight black dress on the red carpet, but, surprise, she's also wearing Depend's new Silhouette for Women line underneath that dress.

"I am wearing an evening gown, for God's sake!" she says in the commercial.

"And you can't tell I have it on. Check out the boo-tay!"

She then commands her poor husband Harry Hamlin to touch her tush to check it out for himself.

Surprising? Yes. Commercials for adult diapers are not the most, say, sexy of things to star in. But Rinna swears she's not talking about incontinence in order to keep herself in lip injections — she did it for charity and women's rights.



"They donated \$225,000 to Dress for Success if I tried them on in the commercial," the actress told the Huffington Post, meaning she must have pocketed a little extra on top of that donation. "That's why I did it. Plus, I loved their campaign."

"I don't endorse many products." (Ed note: True! The last time she was a celebrity spokeswoman was for The Flex Belt Abdominal Toning Belt; do with that information what you will.)

"When I was first asked, I was surprised," she explains. "I'm not the first person you think of when you think of Depends. ... I believe women should feel good about themselves and if that means they need to talk about their problems, then absolutely. We need to help each other. I was not afraid to do this."

I believe that too, as should most women.

And it's not wearing an adult diaper that makes me roll my eyes — it's the fact that she used the word boo-tay to describe her butt.

Twitter



@BetteMidler

Jeez! I just bumped into a crowd a people all looking down at their devices!! Look up, people!!



@ralphmacchio

Taking in some Broadway today. Vintage musical theatre on the menu.



@MJMcKean

Emmy show producers: please please PLEASE let J Lo announce the Downton Abbey nominations.



@SarahSilverman

Worrying u don't get the respect u deserve is a great way to ensure you'll never get the respect u deserve



Miley Cyrus

Miley Cyrus blames weight loss on allergies

Miley Cyrus is striking back against critics who speculate she has an eating disorder.

"For everyone calling me anorexic, I have a gluten and lactose allergy. It's not about weight — it's about health," Cyrus posted on Twitter. "She won't eat 2,000 calories worth of food in one sitting? She must have a problem. I ate today at Easter lunch but all of it

was healthy and even more fulfilling! Health is happiness!"

In fact, Cyrus thinks her food allergy has been a great thing — and is encouraging her fans to dump gluten.

"Everyone should try no gluten for a week! The change in your skin, physical and mental health is amazing! You won't go back," she posted.

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LIFE

Travel in brief

Tasmanian tourism banking on Dafoe flick

Tasmanian tourism officials are hoping for spinoffs from *The Hunter*, a thriller starring Willem Dafoe being released this month in North American cinemas. The film was shot entirely in the Australian island state. Some of the wild locales are highlighted online at Discover Tasmania (<http://bit.ly/HakKOp>), the state's official tourism website. *The Hunter* follows Dafoe as he pursues the last Tasmanian tiger. The dog-sized beast has, in fact, been officially extinct for many years, but Discover Tasmania says there have continued to be "countless sightings, some by highly regarded scientists," and is inviting visitors to trek wilderness trails in search of a real-life specimen.

THE ASSOCIATED PRESS

On the Web



Bruce Willis says he's willing to give away Idaho ski area to a non-profit

Sunshine and snow — the perfect spring combination

Whistler. Pack your sunscreen and ski gear because the slopes are still open. There's plenty to do for non-skiers, too.

AURÉLIE RESCH
life@metronews.ca

Skiing or snowboarding in a T-shirt? An après-ski drink on the patio while you work on your tan? BBQ's at 6,000 feet? That's springtime in Whistler. Although the weather is warming, there are still lots of great activities and attractions — not to mention spring prices and rates — to take advantage of!

Spring skiing/snowboarding is the perfect mix of sunshine and snow. The snow is melting elsewhere but high up on the mountains, the conditions are still great for those who can't get enough of the slopes. This year, the spring ski season extends through April on Whistler Mountain and through May on Blackcomb Mountain.

In June when mountain biking takes over Whistler, the hardcore skiers (or those who appreciate a little novelty) can continue to ski on Blackcomb Glacier.

For those looking for a less physically strenuous activity at Whistler, black bear watching is one option. Whistler is home to up to 70 black bears who can be seen coming out of hibernation on the grassy slopes of the mountains during mid-to-late spring and throughout summer. Starting mid-May, visitors can take part in a black bear viewing tour from the safety of 4x4 vehicles, where experienced nature guides will lead you to bear viewing spots.



Nothing feels better than getting a tan on a ski hill. PHOTOS: AURÉLIE RESCH/METRO

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Anna Olson makes sweet endings a little bit sweeter



Anna Olson films her new series out of her own kitchen in the Niagara, Ont. area. She often donates extra treats to local shelters and hospices. HANDOUT

**DELIA
MACPHERSON**
For Metro Canada

Anna Olson sums up how she stays in such great shape (despite all the sweets) in one word: balance.

"I love my breakfasts," she says. "I eat oatmeal. It keeps me from snacking on the wrong things throughout the day."

Like decadent cookies and moist cakes? "It's not good to deny yourself a treat, just like it's not good to over indulge," adds the celebrity chef, whose new show, *Bake with Anna Olson*, starts airing Thursday on the Food Network Canada.

The show features baking tips that have taken Olson years to figure out, like using a whisk to fold egg whites into batter rather than a spatula, or double-checking your measuring spoons and cups for accuracy. "You'd be surprised on how many are wrong," she says.

Olson recommends that if you're going to eat sweets, bake them yourself, because homemade baked goods taste better than store-bought and don't have overly processed ingredi-

Top 5 Pie Crust Tips

1 Relax and don't listen to your inner negativity.

2 Don't add too much water and don't let it get too warm.

3 Follow the recipe. If it calls for ice-cold butter, it probably needs ice-cold water too.

4 You don't need fancy tools. Pie pastry can be brought together with two knives.

5 Practice makes perfect.

ents. "Baking at home means you control the ingredients, so you know exactly what's going in," she says. "When you're baking, you bake to share."

Making homemade, she adds, can also allow you to control the portions. For example, make cookies twice as small so you only eat half a portion.

Bake with Anna Olson also airs on Saturdays.

Pie Dough. This crust is ideal with wet fillings like coconut cream



This recipe is designed for pies that have a wet filling, such as pumpkin, coconut cream and butter tarts. Make a half recipe if you just need a single crust.

1. Combine flour, sugar and salt in a bowl. Cut in butter by hand with pastry cutter until only small pieces of butter are visible and mix begins to take on pale yellow colour.

2. Stir water and lemon juice together. Add to dough, mixing until the dough just comes together. Shape dough into two discs, wrap and chill for at least two hours before roll-

ing. Alternatively, dough can be frozen for up to three months and thawed in the fridge before rolling.

COURTESY OF FOOD NETWORK CANADA (FROM EPISODE 2 OF *BAKE WITH ANNA OLSON*, AIRING APRIL 12)

Ingredients

- 2 ¼ cups cake & pastry flour
- 2 tbsp sugar
- ¾ tsp salt
- 1 cup cold unsalted butter, cut into pieces
- 6 tbsp cold water
- 1 tbsp lemon juice

Moroccan staple: Chicken Tagine with preserved lemons

The cooking and serving dish known as the Moroccan-style tagine is becoming more popular for home cooks in Canada, mainly because of its versatility.

The ceramic ovenware with the cone-shaped lid is heat resistant, durable and resists scratching or marking.

Here is a recipe to try when cooking in the vessel.

An important part of this dish is Preserved Lemons. Lemons preserved in salt are a vital part of Moroccan

cooking. They are simple to prepare and can be kept for several months.

1. Place the olive oil and butter in tagine. When the mixture is hot, fry the chicken pieces, adding the onions, parsley, ginger, saffron, salt and pepper.

2. Add 500 ml (2 cups) of water and sliced preserved lemons. Cover and cook for 30 minutes. Add a little water during cooking if necessary and stir occasionally.

3. Add the lemon juice and leave everything to simmer for another 15 minutes. At the end of the cooking process, add the olives and coriander/cilantro, and serve directly at the table.

4. Preserved Lemons: Wash 1 kg (2 lb) of lemons. Rub them with salt and cover them with the salt for 12 hours. Place the lemons in a container with the salt, cover with water, add 150 ml (10 tbsp) of vinegar to stop them from turning black, and add some bay leaves. Add about 150 ml (10 tbsp) groundnut peanut oil, and



This recipes serves six. THE CANADIAN PRESS H/O

leave everything at room temperature for one week. Once they are preserved, you can store the lemons in refrigerator for up to six months after opening.

THE CANADIAN PRESS/EMILE HENRY, EMILEHENRY.COM/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT, EMILYRICHARDSCOOKS.CA)

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 Ontario



Top travel tips. Advice for students hoping to learn in another land

• Immerse yourself in the culture: a large part of studying abroad is to experience another culture. You can broaden your perspective by learning the local language, making friends with domestic students and researching the country's history and cultural practices.

• Take rewarding academic courses: take advantage of the interesting courses not offered at your home school. Some courses are also more interesting when they are learned abroad — imagine learning art history in France or taking Italian in Italy! **TRACY ZHANG**

Worldliness at work

Leverage the experience professionally

- Having an international experience on the resumé can help you stand out in the workforce. Even if it doesn't help you connect with potential employers, at the very least it makes for an interesting discussion in an interview setting. Some of my friends who studied abroad also networked with alumni in the country and landed international job offers.



Tracy Zhang and friends in France. SUBMITTED

Books in a backpack. How studying abroad can benefit you both academically and professionally

TRACY ZHANG
Talentegg.ca

From watching the sun set over the Acropolis in Athens to watching the Christmas lights light up Champs-Élysée, some of my best memories are from studying abroad.

The strength of its international exchange program was one of the reasons I chose to study at the Queen's University School of Business, and I was determined to make the most out of the opportunity by spending two semesters abroad.

In September of 2010, I set out to study in France at HEC Paris International Business School; by January 2011, I had bid France farewell and headed for England, where I studied at the Bader International Study Centre.



Tracy Zhang and friends in Athens, Greece. SUBMITTED

I enrolled in an international policy course taught by a Harvard professor, a class on French culture and another on French society. By the end of the semester, not only did I learn how to do business in France, but I also gained a strong understanding of the French education system, government, economy and, of course, gastronomy.

When it was time to go to the UK, I became so interested

in the business landscape in Europe that I decided to pursue my undergrad degree specialization in international business.

Outside of the classroom, I was anxious to explore Europe since it was my first time there. I invested in a train pass on a student discount and journeyed all over the continent — to 19 countries to be exact. As a way to document my travels, I also began to publish photographs from my trips on my blog.

When my blog's following edged past 700 subscribers, I began to receive emails from magazines and tourism boards asking to publish my photo-

graphs. Studying and travelling in Europe not only opened the door for me to freelance as a photographer, but also helped me connect with many other travel enthusiasts.

After I returned home from Europe to begin my summer internship, I learned that my manager had just moved to Canada from France. We immediately bonded over my exchange experience in Paris. Having that common ground allowed me to build great rapport with my manager, who provided me with constant professional support throughout the summer.

When I look back on my time in Europe, I feel lucky to have been able to explore another continent, enrich my academic life, and leverage the experience in the workplace. My year abroad benefited me immensely — I can't imagine my university education any other way!

TRACY ZHANG IS A FOURTH YEAR STUDENT AT QUEEN'S UNIVERSITY.

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Business abroad

When it was time to go to the UK, I became so interested in the business landscape in Europe that I decided to pursue my undergrad degree specialization in international business."

Tracy Zhang

Student Voice

Planet professional

Beau Sangassapaviriya
Bachelor of Commerce
Graduate
University of Toronto
TalentEgg.ca

Like most students, I had always felt that I wanted to be able to travel the world once I was done school.

However, I was also anxious to start my career and be able to fund my travels so that I would gain valuable work experience while visiting new places.

Around the time of my

final exams, a new AIESEC internship became available: it was an opportunity for 20 Canadians to work abroad in Brazil for eight months with a global mining company.

After a multi-step selection process, through both AIESEC and the mining company, in August I was on a plane to the "cidade maravilhosa" of Rio de Janeiro.

I made a lot of new friends while abroad, had the opportunity to tour around Brazil as well as Argentina, and have learned not only Portuguese but gained valuable life experiences.

Yes, I would like to travail

A cultural classroom. Translating lessons learned on the road into the working world

JUSTINE ABIGAIL YU
Talentegg.ca

Travelling, for all its splendour, entails hardship. And hardship brings out skills that'll prove to be invaluable in the workforce. Here are two I learned while on the road...

You've got to be enterprising.

The word itself reeks of business savvy, doesn't it? But seriously, when you're on the road in some foreign country with nothing but a backpack and a few bucks in your bank account, you've got no choice but to be enterprising and resourceful.

The same is true in a business context. There'll always be a time when you've got limited resources, time or knowledge but you've got to

muster up all of your creativity and find a way to work with what you've got. And trust me, there is always a way.

Cultural sensitivity and communication is everything.

Learning how to say something as simple as thank you in Khmer or Thai (aw kuhn or khob-kun-Ka, respectively) while bowing your head deeply to show your utmost respect goes a long way. Awareness of people's cul-

tural, spiritual and religious traditions is a trait that is not only important in the workforce but in life in general. In our highly globalized world, where we are in contact with individuals with such varied backgrounds, communicating with cultural sensitivity and understanding can set you apart from many others who have not had this firsthand experience overseas.

JUSTINE ABIGAIL YU IS A COMMUNICATIONS PROFESSIONAL BY DAY AND A FREELANCE WRITER BY NIGHT.

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Teacher to tablet: A new class of gadgets

My iPad ate my homework.

The Bring your own Gadget movement is gaining speed in Ontario schools

Ontario's elementary school curriculum spells out that all Grade 3 students must learn about the similarities and differences between urban and rural communities, although it leaves it up to teachers to figure out the best way to impart that knowledge.

As unconventional as it might sound, some kids are getting a lesson by playing SimCity on an iPad. On a recent day at the HTS independent school in Richmond Hill, Ont., a small class of Grade 3 students continued their social studies learning by tapping and swiping at iPads, building a city from the ground up.

Some of the eight- and nine-year-old kids were quietly engrossed at the task at hand, intently micromanaging their city as it grew and problems emerged, while others excitedly showed off their creations to nearby classmates.



Will kids be able to stay focused with a bevy of distractions in front of them? Peel District School Board Director of Communications Brian Woodland says teachers are already used to dealing with that challenge. ISTOCK

"I just lost 1,000 people, why did they move away?"

"What's a seaport? Oh, there's a hot tub!"

"They want a landfill, they're going to get a landfill."

"I had an earthquake!"

"What's a residential tax?"

Over the course of the year, the school has been experimenting with ways

Race for relevancy

"School boards have really struggled with how to keep up in terms of technology, it's impossible financially to afford the level of computers that we need for students."

Brian Woodland, Director of Communications for the Peel District School Board

to integrate the iPad into classrooms and use it as a learning tool. By September, teachers will be fully prepped on how to teach the whole curriculum with the help of tablets and computers.

HTS isn't the first school to OK the use of tablets in class and plenty more will be on board in time for the next school year.

The Peel District School

Board in Ontario, with 234 schools and almost 153,000 students, is encouraging students to BYOD — bring your own device, including smartphones, tablets and laptops — starting in September.

"School boards have really struggled with how to keep up in terms of technology, it's impossible financially to afford the level of computers that we need for students," said the school board's director of communications Brian Woodland.

"The Ontario government has now permanently reduced our funding for technology.... We heard from the system that we have to do things differently."

While education activists have expressed concern that many students can't afford pricey new gadgets, Woodland said that bringing a device would by no means be mandatory.

THE CANADIAN PRESS

Funding the future

Internet investment

The Peel District School Board is investing \$7 million from its reserve fund to implement wireless Internet access at all its schools and help supply equipment for students who don't have it.

Kids are already bring-

ing computers, phones and tablets to class, noted Brian Woodland, so it won't be a radically different experience for teachers or students come September. People are always asking how kids will stay focused with a bevy of distractions in front of them but teachers are already used to dealing with that challenge, he added.

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JULIA WEST

Metro World News in Philadelphia

Is your stress ball worn through?

If tension at work is leading to tension in your muscles, it can affect your mood and performance. For quick relief and a little desk-side Zen, take some cues from yoga.

Breathe

Angie Norris, co-founder of Philadelphia yoga hot spot Studio 34, reminds us to breathe — and breathe slowly.

“Slowing and deepening the breath stimulates the parasympathetic nervous system, slows the heart rate, lowers blood pressure and increases the flow of oxygen,” she explains.

“This translates into reduced stress, increased relaxation and increased energy.”



Take a moment to clear your mind of the daily grind. ISTOCK

Stretch

To ease tension, stress and negative mid-afternoon thoughts, stretch it out. Nancy Byrd Radding, fitness direc-

tor of The Oaks at Ojai spa in California, recommends this sequence: “Stand up. Breathe. Lift your arms up in Tall Mountain pose.

Do a side stretch next —

one hand on the hip, the other arm over the head — creating a crescent shape with the body.

Stretch the eyes by looking slowly side to side, up

and down, diagonally, and roll the eyes in circles. Stretch the neck by releasing each ear to its shoulder, then turn the neck side to side, up and down.”

Twist

Taylor Wells, president of Prana Power Yoga, praises the benefits of a simple, yet effective, spinal twist. You don’t even need to get out of your seat for this one.

“From seated, bring both feet flat on the floor,” she instructs.

“Place your hands on your arm rests and gently twist your torso to the right. Hold for five breaths and then take it back to center and to the other side.”

Balancing act

Have you been feeling a little wobbly at work?

- To restore balance, Radding suggests this move:

“Stand on one foot whenever possible — during phone calls, in front of the copier. Simply tuck one foot around the opposite ankle and balance.”

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One individual's story, related below, should make people pause before hiring their next lawyer.

Recently, a gentleman came to me seeking a second opinion following a dispute with his original lawyer.

The client had found this lawyer online and was attracted to him because he professed experience in "labour law". Without a proper meeting or as much as a conversation, this lawyer agreed to take on his case.

This should have been the first red flag. It is virtually impossible for a lawyer to properly explain the strengths and weaknesses of a case without even first discussing it with the client.

The client gave this lawyer a hefty fee to start the case — which he did, but not without error. There were a number of legal issues that had been argued incorrectly or without regard to the current state of the law. This had the effect



A quick search online will not a successful case make. ISTOCK

of prejudicing the client's case right from the start, which was not lost on his employer and its lawyer, who shrewdly brought a preliminary motion to dismiss the matter, arguing the case could never succeed.

What's worse is that when the lawyer was served with the court files seeking to dismiss his client's case he suddenly turned on his client, arguing that the client had not disclosed necessary information to him when they first spoke that would allow him to properly argue his case.

When the client voiced his disagreement, the lawyer fired him, arguing there was "breakdown of trust".

It is apparent to me what

happened here. The lawyer had very limited experience in workplace law, despite professing otherwise on his website and to the client. Therefore, when the case hit a bump (caused by the lawyer's own error), he was unsure how to respond and he turned on his client so that he would have a reason to withdraw.

This situation could have been avoided had the client properly selected his lawyer from the outset. What should he have done? Always enquire what percentage of a lawyer's time is spent practicing in the area he or she is needed for — so that you do not pay for their education.

DANIEL A. LUBLIN IS A WORKPLACE LAWYER WITH WHITTEN & LUBLIN.

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4

SPORTS

Quoted

"Patrick is impulsive and a guy who says what he thinks. When you win, the media are OK, but when you lose, you become a target. And Patrick, as coach, would be more of a media target because of his temperament."

Montreal Canadiens legend Guy Lafleur isn't among those who believe former all-star goaltender Patrick Roy should be the team's next coach. The Canadiens recently fired GM Pierre Gauthier as the team limped toward the end of a disastrous season. And they will also probably be looking for a new coach this spring to replace Randy Cunneyworth, whose coaching title carries the "interim" tag.

"I'm not saying he couldn't do it, but I'd see him more as general manager."

On the web



Briton Andy Murray believes the tennis tournament at the London Olympics will be viewed by the sport's top players as a fifth Grand Slam on this year's hectic calendar. Scan the code for the story.

IIHF Hockey

Nugent-Hopkins joins Canada

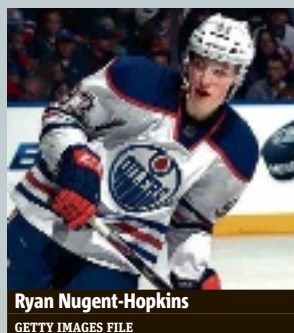
Ryan Nugent-Hopkins is set to extend a memorable season by joining Canada for the IIHF World Hockey Championship.

The Edmonton Oilers rookie accepted an invitation Tuesday after receiving medical clearance

from the Oilers. Nugent-Hopkins missed time this season with a shoulder injury, but was eager for the opportunity to represent his country.

"It's always something I wanted to do," he said. "Getting asked is a big honour for me."

The NHL's top goal-scorer, Steven Stamkos, has elected to rest his shoulder and will not travel to Europe. **THE CANADIAN PRESS**



Ryan Nugent-Hopkins
GETTY IMAGES FILE

NFL

Brees says Saints OK without Payton

Drew Brees is sticking up for the Saints and said they'll continue to thrive despite coach Sean Payton's season-long suspension for his role in New Orleans' bounty system.

THE ASSOCIATED PRESS

MLB



"When you make a mistake like this, you can't sleep"

Miami Marlins manager Ozzie Guillen apologized Tuesday after being suspended five games by the team for telling Time magazine that he admired Cuban dictator Fidel Castro.

Canadians secure bye to semis after steamrolling Russians

Women's world hockey championship.

Canadian captain Wickenheiser criticizes Russian federation after 14-1 victory

The new format at the women's world hockey championship can't hide the chasm between women's hockey in Canada and Russia.

Canada steamrolled the Russians 14-1 to conclude the preliminary round Tuesday with a 2-1 record in Pool A. Canada and the U.S. (3-0) secured byes to Friday's semifinal round.

The world championship was altered to reduce lopsided scores by having countries closer to each other in ability meet in the preliminary round.

But fourth-seeded Russia remains light years behind No. 2 Canada.

"I think their biggest downfall is coaching and leadership," Canadian captain Hayley Wickenheiser said bluntly.

"I just feel for those players because I feel the Russian federation doesn't care enough about women's hockey to do what needs to be done. They deserve better."

Ten different players scored for Canada. Natalie Spooner led with a hat trick while Wickenheiser had a six-point game with two goals and four assists.

Seedings

- The top four seeds of U.S., Canada, Finland and Russia were in Pool A, while Sweden, Switzerland, Slovakia and Germany were in Pool B.
- Switzerland and Sweden finished first and second respectively in Pool B to advance.
- Germany and Slovakia will meet in a three-game relegation round.

Meghan Agosta and Jayne Hefford each scored twice.

Marie-Philip Poulin, Lauriane Rougeau, Gillian Apps, Rebecca Johnston, and Jennifer Wakefield also had goals.

Charline Labonte faced just seven shots, giving up a power-play goal to Angelina Goncharenko in the third period.

Russia kept their best goaltender, Anna Prugova, on the bench to prepare for the Wednesday's quarter-finals.

The Russian women won bronze at the 2001 world championship in Minnesota, but their federation did nothing to build on that result.

Russia neglected the women's team until the country won the bid to host the 2014 Winter Olympics in Sochi.

THE CANADIAN PRESS



Tessa Bonhomme, left, congratulates goaltender Charline Labonte after defeating Team Russia 14-1 Tuesday at the women's world ice hockey championship in Burlington, VT. RYAN REMIOWZ/THE CANADIAN PRESS

NHL draft lottery. Edmonton Oilers get top pick for a third straight year

The Edmonton Oilers have won the NHL's draft lottery.

Edmonton will get to pick first overall in the league's annual amateur draft for the third year in a row.

Sarnia Sting forward Nail Yakupov is expected to be the top pick.

The Columbus Blue Jack-

ets will pick second, followed by the Montreal Canadiens, New York Islanders and Toronto Maple Leafs.

The Oilers had an 18.8 per cent chance of winning the first overall pick.

The draft will be in Pittsburgh on June 22.

THE CANADIAN PRESS

Top 10 draft order

- Edmonton, Columbus, Montreal, N.Y. Islanders, Toronto, Anaheim, Minnesota, Carolina, Winnipeg, Tampa Bay.



Edmonton Oilers general manager Steve Tambellini is seen on set after his team was selected for the third year in a row as number 1 in the NHL draft lottery Tuesday in Toronto. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Rangers (1) vs. Senators (8)



Season series: Ottawa went 3-1-0.

Lowdown: The Senators exceeded expectations and believe they're in position to pull off an upset. The Sens had success against a Rangers team that was the class of the East. New York, led by goalie Henrik Lundqvist, boasts a less potent attack than the Sens.

Pick: Rangers in six.

Bruins (2) vs. Capitals (7)



Season series: Washington went 3-1-0.

Lowdown: The Bruins begin their quest for another cup against a Capitals team that could be dangerous with Nicklas Backstrom and Mike Green returning from injuries. Key players Tim Thomas, Zdeno Chara, Patrice Bergeron and the emerging Tyler Seguin remain in Boston.

Pick: Bruins in six.

Panthers (3) vs. Devils (6)



Season series: Florida went 2-1-1.

Lowdown: The Panthers finished with fewer points but got the higher seed by winning their division. The Devils' Ilya Kovalchuk is the series' best player but has played in just nine playoff games.

Pick: Devils in five.

Penguins (4) vs. Flyers (5)



Season series: Philadelphia went 4-2-0.

Lowdown: It's being billed as the series to watch. The storylines are endless — from Sidney Crosby's playoff return to Jaromir Jagr and Max Talbot returning to Pittsburgh as Flyers, to questions surrounding Philly goalie Ilya Bryzgalov. The only guarantee is one contender will be eliminated.

Pick: Pens in seven.

THE CANADIAN PRESS

King Henrik not on Anderson's mind

Senators. Sens goalie looks ahead to tilt vs. Lundqvist and Rangers

Ottawa goaltender Craig Anderson is downplaying the impending battle between him and New York Rangers all-star netminder Henrik Lundqvist.

"For the most part it's me versus the shooters and not so much me against Henrik," said Anderson as his eighth-seed Senators prepare to take on the first-place Rangers starting with Game 1 on Thursday in New York.

Game 2 is set for Saturday before heading to Ottawa on April 16 for Game 3.

Lundqvist has posted career numbers this year and has ample playoff experience, having played 35 career post-season games. That doesn't intimidate Anderson.

"We both have the same goal and that's to give our team a chance to win," said Anderson. "Guys maybe feed off each other when one makes a big save. It kind of forces you to make a big save and it can kind of go back and forth, but that's really the only comparison you have during a game."

There's little doubt that if the Senators hope to compete with the Rangers they will need Anderson to be as good, if not better, than he was during the regular season, when he went 33-22-6 in 63 games.

"Andy's a key part to our team and he's going to play real well for us and their goalie's go-



Sens goalie Craig Anderson says he is focused on his own game going into the first round of the playoffs and not out-duelling Rangers all-star Henrik Lundqvist. MEL EVANS/THE ASSOCIATED PRESS FILE

ing to play well," said Ottawa forward Jason Spezza. "We anticipate a long series where there's going to be a lot of give and take."

With just six playoff games Anderson has little experience in the post-season, but to his

credit he has a 6-0-0 record with a 1.13 GAA and two shutouts in six career starts at Madison Square Garden.

In his last appearance on Jan. 12 he stopped all 34 shots in a 3-0 Senators win.

"Every team I've played

on seems to have gone in that building and played really well," said Anderson. "You're on the biggest stage in America.... It's Madison Square Garden, it's New York, it's where you want to be." THE CANADIAN PRESS



Penguins

Crosby, Malkin get chance to make up for lost time

Sidney Crosby and Evgeni Malkin spent last spring watching their Pittsburgh Penguins teammates try to carry on without them, a burden that became too much during a seven-game loss to upstart Tampa Bay in the opening round.

A year later, the helpless feeling of trudging around in a suit while the franchise they expected to carry to a Stanley Cup floundered on the ice remains fresh.

It's why Crosby never considered shutting it down this season despite a 15-month battle with concussion symptoms while Malkin became arguably the best player in the world while playing on a completely rebuilt knee.

It's also why neither player is eager to engage in a war of words with Philadelphia ahead of Pittsburgh's clash with the Flyers starting Wednesday.

"I think, if anything, you just appreciate being in the playoffs even more," Crosby said.

Pittsburgh enters the post-season with the NHL's best record since Jan. 1 and a roster eager to book-end the Stanley Cup the Penguins won in 2009.

THE ASSOCIATED PRESS

Reasons for optimism going into Round 1



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

The Ottawa Senators enter the playoffs with a label similar to the one they carried into the 2011-12 regular season: Decided underdogs. Six months ago, nobody expected the Sens to challenge for a post-season berth and now very few believe, as the No. 8 seed, they can topple the New York Rangers. But, as they've proven before, improbable is not impossible. Here are some reasons for optimism:

They love N.Y. Since the lockout, the Sens are 11-2-1 at Madison Square Garden, including two wins in two tries this season. In fact, the

Senators may petition to play the entire series on the road as the Rangers are 8-6 during the same period at SGP.

Not bowing to King Henrik. Beating Rangers Vezina Trophy candidate Henrik Lundqvist may be intimidating to some. However, the 30-year-old has shown cracks when playing the Senators. Lundqvist's career record versus the club is 11-12-2, his worst against any Eastern Conference team.

Experience is on their side. The Senators

playoff roster holds a 514-419 advantage over the Rangers in post-season games played. Also, six current Sens were key components in last season's AHL Calder Cup win. That has to count for something.

The power of the 'stache. While this is Paul MacLean's first campaign as a head coach in the NHL, he is

no stranger to playoff wars. As an assistant in Anaheim and Detroit, MacLean won a cup and was a finalist twice in seven appearances. He also played 53 playoff games.

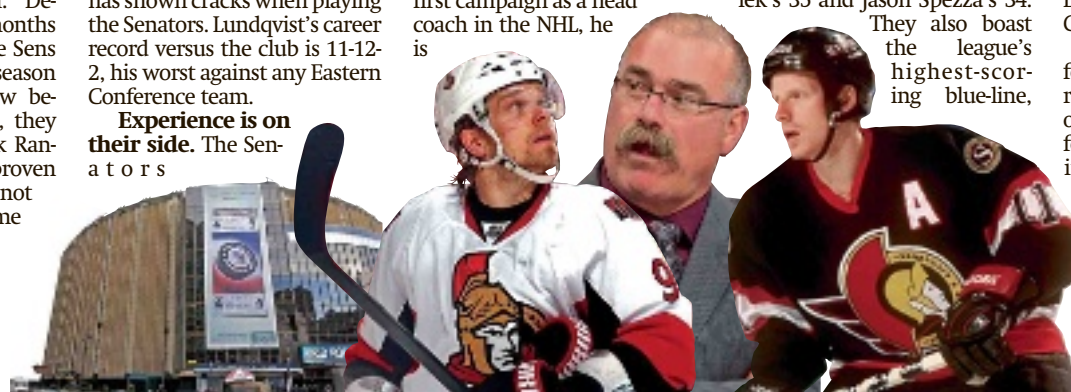
Goal scoring. The Senators rank fourth league-wide in goals, led by Milan Michalek's 35 and Jason Spezza's 34. They also boast the league's highest-scoring blue-line,

which features Erik Karlsson's 78 points. While the Rangers' Marion Gaborik tallied 41, the club was 11th in scoring, a low ranking for a No. 1 seed.

Repeat history. In 1998 as a No. 8 seed in Round 1, the Senators defeated the Devils. That club featured a 25-year-old Daniel Alfredsson and rookie Chris Phillips.

Granted, for Ottawa to defeat New York a lot must go right. Craig Anderson has to out-duel Lundqvist. The defence has to be adept at avoiding the Rangers' daunting fore-check and, most of all, the NHL's second-most penalized team has to find a way to stay out of the box.

If those things occur, the Sens have a fighting chance. Based on their resilience so far this season, are you prepared to count them out?



Canucks (1) vs. Kings (8)

Season series: Vancouver went 2-1-1.

Lowdown: Regular-season champs for a second straight year, Vancouver is looking to get one more win this spring than last.

Arguably the only reason L.A. got into the playoffs is goalie Jonathan Quick, who registered 10 shutouts. **Pick:** Canucks in seven.

Blues (2) vs. Sharks (7)

Season series: St. Louis went 4-0-0.

Lowdown: The jockeying started early with Sharks coach Todd McLellan pronouncing his team the underdog and noting the pressure St. Louis is under.

While that's true based on the regular season, San Jose holds an undisputed edge in playoff experience after advancing to the Western Conference final the last two years. **Pick:** St. Louis in five.

Coyotes (3) vs. Blackhawks (6)

Season series: Phoenix went 3-1-0.

Lowdown: The Coyotes are trying to win their first playoff series since moving to the desert in 1996. They have drawn Chicago, with a captain (Jonathan Toews) who has concussion problems and a goalie (Corey Crawford) who is struggling. **Pick:** Hawks in five.

Predators (4) vs. Wings (5)

Season series: Tied 3-3-0.

Lowdown: This series pits the up-and-comers (Nashville) against the wily veterans (Detroit).

Preds GM David Poile believes he's built a cup contender.

But Detroit has lost just once in the first-round since the lockout and have welcomed back a number of injured players. **Pick:** Preds in seven. **THE CANADIAN PRESS**

Canucks quiet on Sedin's status ahead of playoffs



The Canucks are facing a scenario where they might have to start the playoffs without their leading goal scorer, Daniel Sedin. DALE MACMILLAN/GETTY IMAGES

Canucks. Daniel skates with teammates after practice, but still no word whether he'll be ready for Game 1

The Vancouver Canucks kick off the NHL playoffs Wednesday night against the Los Angeles Kings, but whether Daniel Sedin will be on the ice remains a mystery.

The Canucks star was a no-show at the team's practice but skated with a few other teammates afterward. He had been scheduled to speak to reporters, a session the club even promoted on its website beforehand. But he was not made available.

"It's a unique injury, and he will continue the protocol," said coach Alain Vigneault. "When he's ready to play, he'll address you. Until that time, he won't talk to you."

Hopes were raised Monday when Sedin, out with a concussion since March 21, practised with the team for the first time since he was injured. While he didn't speak to the media, his teammate and twin brother Henrik said he was "100 per cent." Daniel Sedin was expected to take part in his second team workout Tuesday.

Vigneault refused to say what part of the concussion-

recovery protocol allows for Sedin to practise one day with the main group and then be forced to do a lighter workout with fewer players.

Vigneault also declined to say whether Sedin would play in Game 1.

"You should know by now that I don't discuss lineup decisions," said Vigneault.

The coach said he divided the group into two because he wanted to limit the main practice to four lines after he had to deal with five lines and nine defencemen Monday.

Sedin was sidelined after taking an elbow in the head from Chicago Blackhawks defenceman Duncan Keith, who was suspended for five games.

Henrik Sedin, the Canucks captain, declined to say whether his brother had suffered a setback after Monday's practice.

Daniel Sedin led the Canucks in goals during the regular season with 30 and compiled a total of 67 points. He missed nine games, eight of which the Canucks won.

Henrik Sedin indicated the Canucks have been able to win without Daniel and will have to do so again, if necessary.

This is the second time the Canucks and Kings have met in the playoffs in the past three years. Vancouver eliminated L.A. in the first round of the 2009-10 post-season.

THE CANADIAN PRESS

Quoted

"We've got to play as a team. It's not going to change if he's there or not. We've got to roll four lines."

Canucks captain Henrik Sedin on the possibility of starting the playoffs without his brother Daniel.

Blues

Elliot leaves ice during practice

St. Louis Blues goaltender Brian Elliott left practice midway through a 90-minute practice Tuesday with what coach Ken Hitchcock is calling an upper-body injury and is listed as day-to-day.

The team recalled goalie Jake Allen from Peoria of the American Hockey League. The Blues open the playoffs at home Thursday against San Jose.

Hitchcock said he expects Elliott to be fine and has not made a decision on whether to start Elliott or Jaroslav Halak in Game 1. **THE ASSOCIATED PRESS**



Pekka Rinne GETTY IMAGES/FILE

Wings-Preds. Howard, Rinne playing key roles

Pekka Rinne fills up so much of the net at six-foot-five, and the Nashville goaltender led the NHL with 43 wins while facing more shots than anyone else.

Jimmy Howard was on quite the run for Detroit himself, leading the league in wins and on pace to top Terry Sawchuk's franchise record of 44 victories before breaking his index finger and then injuring his groin.

Nashville already has home-ice advantage in this first-round series starting Wednesday night, and the Predators also feel they have the edge in net thanks to

Rinne. They will need Rinne at his best if they are to beat their Central Division foe for the first time in three post-season tries.

THE ASSOCIATED PRESS

Analysis

Kings focus on positives after rough end to season

For a few days late in their tumultuous season, the Los Angeles Kings were on the verge of a breakthrough. They were in position to win just the second division title in franchise history, and they could have hosted a playoff series for the first time in about two decades.

With two extra-time losses to the San Jose Sharks in the final three days of the regular season, the Kings slipped all the way from third place to eighth in the Western Conference, stumbling into a first-round matchup with the Vancouver Canucks.

No wonder coach Darryl Sutter chose to emphasize the Kings' positive achievements this week before they headed to B.C. to face the mighty Canucks.

"The biggest challenge was just to get into the playoffs," said Sutter, who replaced Terry Murray in December. "To do, with 21 games left, what we had to do to get in, the players did an awesome job. That's why you do this. That's what it's about. (The Canucks) are the best team in the league, and we have to have some guys play above and beyond what they played in the regular season."

THE ASSOCIATED PRESS

Capitals. Injuries could force third-stringer into first playoff start in net

Washington Capitals goaltender Michal Neuvirth is uncertain whether he'll be able to play in the first-round playoff series against the Boston Bruins.

Neuvirth returned to practice Tuesday for the first time since injuring his left leg last week, but wasn't able to stay on the ice for the entire session. Asked if he thinks he'll play against Boston, he said: "I don't have the answer."

Tomas Vokoun is more pessimistic. He skated briefly before practice on his injured groin and said: "I'm disappointed as anyone that it turned out



Braden Holtby GETTY IMAGES/FILE

this way, but I try and I just can't do it. It's a groin, and for a goalie that's essential."

The injuries mean third-choice Braden Holtby is expected to make his playoff debut in Game 1 on Thursday. **THE ASSOCIATED PRESS**

NATIONAL HOCKEY LEAGUE

STANLEY CUP PLAYOFFS

FIRST ROUND

CONFERENCE QUARTER-FINALS
(Best-of-7) — All Times Eastern

EASTERN CONFERENCE

N.Y. RANGERS (1) VS. OTTAWA (8)

Tomorrow's game

Ottawa at N.Y. Rangers, 7 p.m.

Saturday's game

Ottawa at N.Y. Rangers, 7 p.m.

Monday, April 16

N.Y. Rangers at Ottawa, 7:30 p.m.

Wednesday, April 18

N.Y. Rangers at Ottawa, 7:30 p.m.

Saturday, April 21

x-Ottawa at NY Rangers, 7 p.m.

Monday, April 23

x-N.Y. Rangers at Ottawa, TBD

Thursday, April 26

x-Ottawa at N.Y. Rangers, TBD

BOSTON (2) VS. WASHINGTON (7)

Tomorrow's game

Washington at Boston, 7:30 p.m.

Saturday's game

Washington at Boston, 3 p.m.

Monday, April 16

Boston at Washington, 7:30 p.m.

Thursday, April 19

Boston at Washington, 7:30 p.m.

Saturday, April 21

x-Washington at Boston, 3 p.m.

FLORIDA (3) VS. NEW JERSEY (6)

Friday's game

New Jersey at Florida, 7 p.m.

Sunday's game

New Jersey at Florida, 7:30 p.m.

Tuesday, April 17

Florida at New Jersey, 7 p.m.

Thursday, April 19

Florida at New Jersey, 7 p.m.

Saturday, April 21

x-New Jersey at Florida, 6:30 p.m.

PITTSBURGH (4) VS. PHILADELPHIA (5)

Tonight's game

Philadelphia at Pittsburgh, 7:30 p.m.

Friday's game

Philadelphia at Pittsburgh, 7:30 p.m.

Sunday's game

Pittsburgh at Philadelphia, 3 p.m.

Wednesday, April 18

Pittsburgh at Philadelphia, 7:30 p.m.

Friday, April 20

x-Philadelphia at Pittsburgh, 7:30 p.m.

WESTERN CONFERENCE

VANCOUVER (1) VS. LOS ANGELES (8)

Tonight's game

Los Angeles at Vancouver, 10:30 p.m.

Friday's game

Los Angeles at Vancouver, 10 p.m.

Sunday's game

Vancouver at Los Angeles, 10:30 p.m.

Wednesday, April 18

Vancouver at Los Angeles, 10 p.m.

Sunday, April 22

x-Los Angeles at Vancouver, TBD

Tuesday, April 24

x-Vancouver at Los Angeles, TBD

Thursday, April 26

x-Los Angeles at Vancouver, TBD

ST. LOUIS (2) VS. SAN JOSE (7)

Tomorrow's game

San Jose at St. Louis, 7:30 p.m.

Saturday's game

San Jose at St. Louis, 7:30 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Baltimore	3	1	.750	—
Tampa Bay	3	1	.750	—
Toronto	2	2	.500	1
Boston	1	3	.250	2
New York	1	3	.250	2
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	4	0	1.000	—
Chicago	2	2	.500	2
Kansas City	2	2	.500	2
Cleveland	1	3	.250	3
Minnesota	0	4	.000	4
WEST DIVISION				
	W	L	Pct	GB
Texas	3	1	.750	—
Seattle	3	2	.600	½
Los Angeles	2	2	.500	1
Oakland	2	3	.400	1½

Yesterday's results

Detroit 5 Tampa Bay 2

Chicago White Sox at Cleveland (ppd., rain)

N.Y. Yankees at Baltimore

Boston at Toronto

Seattle at Texas

Kansas City at Oakland

Monday's results

Boston 4 Toronto 2

Chicago White Sox 4 Cleveland 2

L.A. Angels 5 Minnesota 1

N.Y. Yankees 6 Baltimore 2

Oakland 1 Kansas City 0

Texas 11 Seattle 5

Today's games — All Times Eastern

Chicago White Sox (Danks 0-1) at Cleveland

(Masterson 0-0), 12:05 p.m.

Boston (Lester 0-0) at Toronto (R.Romero 0-0),

12:37 p.m.

Tampa Bay (Shields 0-0) at Detroit (Verlander

0-0), 1:05 p.m.

Kansas City (Chen 0-0) at Oakland (McCarthy

0-1), 3:35 p.m.

N.Y. Yankees (Sabathia 0-0) at Baltimore

(Arrieta 1-0), 7:05 p.m.

Seattle (Millwood 0-0) at Texas (Lewis 1-0),

8:05 p.m.

L.A. Angels (Weaver 1-0) at Minnesota (Pavano

0-1), 8:10 p.m.

LATE MONDAY

RED SOX 4, BLUE JAYS 2

Boston	ab	r	h	bi	Toronto	ab	r	h	bi
Ellsury cf	4	0	0	0	YEscor ss	3	1	1	0
Pedroia 2b	4	2	2	1	KJhnsn 2b	3	0	1	1
AdGnzl 1b	2	0	0	1	Bautist rf	4	0	0	0
Youkilis 3b	4	0	0	0	Encrnc dh	4	0	1	1
Ortiz dh	3	0	2	0	Lind 1b	4	0	0	0
DMcDn pr-dh	0	1	0	0	Lawrie 3b	4	0	1	0
C.Ross lf	3	1	1	0	RDavis lf	2	0	0	0
Sweeney rf	4	0	2	1	Thams ph-lf	2	0	0	0
Sitlmch c	3	0	0	0	Arendi c	3	0	0	0
Aviles ss	4	0	0	0	Rasms cf	3	1	1	0
Totals	31	4	7	3	Totals	32	2	5	2

Boston 000 001 003 4

Toronto 002 000 000 2

DP—Boston 1, Toronto 1. LOB—Boston 5,

Toronto 6. 2B—Pedroia (2), Sweeney (1). 3B—

Rasmus (1). HR—Pedroia (1). CS—Ortiz (1).

SF—Ad.Gonzalez.

Boston	IP	H	R	ER	BB	SO
Doubront	5	4	2	2	3	6
Atchison W,1-0	3	1	0	0	0	3
Aceves S,1-2	1	0	0	0	0	1
Toronto						
H.Alvarez	6	4	1	1	1	2
Oliver H,1	1	1	0	0	0	2
Cordero H,1	1	0	0	0	0	1
Santos L,0-1 BS,2	2-3	2	3	3	3	1
L.Perez	1-3	0	0	0	0	0
T—3:02. A—48,473 (49,260) at Toronto.						

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	4	0	1.000	—
Washington	2	2	.500	2
Miami	2	3	.400	2½
Philadelphia	1	3	.250	3
Atlanta	0	4	.000	4
CENTRAL DIVISION				
	W	L	Pct	GB
St. Louis	4	1	.800	—
Houston	3	1	.750	½
Cincinnati	2	2	.500	1½
Milwaukee	2	2	.500	1½
Pittsburgh	2	2	.500	1½
Atlanta	1	3	.250	2½
WEST DIVISION				
	W	L	Pct	GB
Arizona	3	0	1.000	—
Los Angeles	4	1	.800	—
Colorado	1	3	.250	2½
San Diego	1	3	.250	2½
San Francisco	1	3	.250	2½

Yesterday's results

L.A. Dodgers 2 Pittsburgh 1

St. Louis at Cincinnati

Washington at N.Y. Mets

Atlanta at Houston

Milwaukee at Chicago Cubs

Arizona at San Diego

Monday's results

Houston 8 Atlanta 3

Miami 6 Philadelphia 2

Milwaukee 7 Chicago Cubs 5

N.Y. Mets 4 Washington 3

San Francisco 7 Colorado 0

St. Louis 7 Cincinnati 1

Today's games — All Times Eastern

St. Louis (Garcia 1-0) at Cincinnati (Cueto 1-0),

12:35 p.m.

Washington (Strasburg 0-0) at N.Y. Mets

(J.Santana 0-0), 1:10 p.m.

Milwaukee (Gallardo 0-1) at Chicago Cubs

(Dempster 0-0), 2:20 p.m.

Arizona (Saunders 0-0) at San Diego (Luebke

0-1), 6:35 p.m.

Miami (Jo.Johnson 0-1) at Philadelphia (Halla-

day 1-0), 7:05 p.m.

Atlanta (Delgado 0-0) at Houston

(W.Rodriguez 0-0), 8:05 p.m.

San Francisco (Lincecum 0-1) at Colorado

(Guthrie 1-0), 8:40 p.m.

Pittsburgh (Bedard 0-1) at L.A. Dodgers

(Billingsley 1-0), 10:10 p.m.

LACROSSE

NLL

EAST DIVISION				
	GP	W	L	Pct.
x-Toronto	13	7	6	.538
x-Philadelphia	14	7	7	.500
Buffalo	13	5	8	.385
Rochester	13	5	8	.385
WEST DIVISION				
	GP	W	L	Pct.
x-Calgary	14	11	3	.786
x-Colorado	13	10	3	.769
Minnesota	13	6	7	.462
Edmonton	12	4	8	.333
Washington	13	4	9	.308

x — clinched playoff berth.

Saturday's games — All Times Eastern

Calgary at Rochester, 7:30 p.m.

Washington at Minnesota, 8 p.m.

Buffalo at Edmonton, 9 p.m.

Toronto at Colorado, 9 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	5	5	0	0	8	1	15
New York	4	2	2	0	10	7	6
Columbus	3	2	1	0	3	2	6
Houston	3	2	1	0	2	2	6
New England	5	2	3	0	4	6	6
D.C. United	5	1	2	2	5	5	5
Chicago	3	1	1	1	2	3	4
Montreal	6	1	4	1	5	12	4
Philadelphia	4	0	3	1	2	6	1
Toronto	4	0	4	0	2	9	0

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Real Salt Lake	6	5	1	0	11	4	15
San Jose	5	4	1	0	8	2	12
Colorado	5	3	2	0	7	7	9
Vancouver	5	2	1	2	4	3	8
Seattle	4	2	1	1	5	2	7
Dallas	5	2	2	1	6	8	7
Chivas USA	5	2	3	0	3	4	6
Portland	5	1	3	1	7	8	4
Los Angeles	4	1	3	0	5	8	3

Saturday's games — All Times Eastern

Columbus at Philadelphia, 3:30 p.m.

Colorado at Seattle, 4 p.m.

D.C. United at New England, 4 p.m.

Chivas USA at Toronto, 4:30 p.m.

San Jose at New York, 7 p.m.

Real Salt Lake at Kansas City, 8:30 p.m.

Montreal at Dallas, 8:30 p.m.

Portland at Los Angeles, 10:30 p.m.

Sunday's game

Houston at Chicago, 7 p.m.

ENGLAND

PREMIER LEAGUE

Yesterday's result

Blackburn 2 Liverpool 3

LEAGUE CHAMPIONSHIP

Brighton 0 Reading 1

Portsmouth 0 Millwall 1

LEAGUE ONE

Rochdale 2 Sheffield United 5

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Éric Toulouse,
SALES MANAGER



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All prices include freight and fees. Excludes HST and licensing.

The lighter side of luxury



ALL PHOTOS WHEELBASE

5 DRIVE

Top Gear

EFI swap made easy

The mere mention of switching to fuel injection from carburetion is likely enough to send many old-school car guys into convulsions, but the benefits are so overwhelming — better fuel economy, mid-range power, easy starting, less evaporative emissions, and, oh yes, it's not a carburetor — that a change is hard to ignore. And with systems coming on stream that are easy to install and set up, there's really no time like the present. MSD's new Atomic throttle-body fuel-injection system needs just eight wired connections and a single fuel line (just like a carburetor) with no computer programming necessary. It uses your current four-barrel intake manifold and linkage, and you can even use your current air cleaner assembly. There's a fantastic installation/setup video that should take any fear out of the conversion at atomicEFI.com.

Backing up

Infiniti has made most of its advanced electronic safety and crash-avoiding accessories available for the JX, plus a couple of first-time features. Leading this group is Backup Collision Intervention (BCI) that, when the JX is reversing, can detect vehicles in close proximity or crossing diagonally behind and apply the brakes.



The power lift gate gives you access to the largest cargo hold in its class.

All-wheel-drive

For the Canadian market, the JX comes standard with an on-demand all-wheel-drive system that directs 100 per cent of the engine's torque to the front under normal driving conditions, but can split off half to the rear wheels to maximize grip under slippery conditions.

2013 Infiniti JX

- **Type:** Four-door, all-wheel-drive luxury wagon.
- **Engine (hp):** 3.5-litre DOHC V6 (265).
- **Mileage:** L/100 km (city/hwy) 11.5/8.5.
- **Base Price (incl. destination):** \$46,900.

Engine

The heart of the JX is the same familiar 3.5-litre V6 that can be found on a number of Nissan/Infiniti products. For the JX application, it produces 265 horsepower and 248 pound-feet of torque. That's not a lot of thrust for this category, especially when non-luxury seven-passenger brands like the Mazda CX-9 pack more power.

Review. Sitting pretty with seven-passenger utility and a smaller footprint

MALCOLM
GUNN

Wheelbase Media

It's said that portion control is an essential part of any successful weight-loss program. That appears to be what Infiniti is practising with its scaled-down seven-passenger JX35 wagon.

Nissan's premium division currently markets the eight-passenger QX56 that uses Nissan's Titan truck chassis and 400-horsepower V8. But it demands a \$75,000 entry

fee and possesses a significant appetite for fuel that requires increasingly deeper pockets to satisfy.

It also checks in at a chunky 2,545 kilograms, which makes it a less-than-lithe dance partner on the highway or when negotiating a parking spot.

By contrast, the spanking new JX35 carries up to seven people across three rows of

seats, but due to its passenger-car construction and smaller engine, it weighs about 365 kilograms less than the QX.

It also touts a base price that's about \$30,000 shy of its bigger sibling.

The JX gives Infiniti buyers another option in a category that includes the Acura MDX, Buick Enclave, Volvo XC90 and Lincoln MKT.

They now represent the

luxury-class sweet spot as more buyers defect from the traditional sport utility vehicles to more size and fuel-efficient models.

At \$46,900 including destination charges, the JX35 makes a strong case for consideration in the luxury wagon bracket, where being in shape and packing the right gear gets you noticed every time.

On the Web



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Chevy Silverado 'tows like a dream'

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Ten years of trailblazing for the sturdy pickup

JUSTIN
PRITCHARD

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The 1997 to 2007 generation of Chevrolet's Silverado pickup truck offered numerous engine and driveline combinations, including six and eight cylinder power, automatic and manual transmissions and two or four-wheel drive.

Numerous body and box combinations were also available. When shopping used, LS and LT models were even more highly-equipped, though more basic "work" trucks could also be had.



TORSTAR NEWS SERVICE

Common Issues

As a bare minimum, a Chevrolet-trained mechanic should check the underside of your potential used truck for signs of excessive rust, dents or holes, leaking differentials, transfer case leaks and oil or coolant leaks from the engine.

Ensure the vehicle's four-wheel drive system (if equipped) can be shifted between its various modes as outlined in the owner's manual. Check the engine oil level and condition, as some owners have reported oil consumption issues. Avoid a model that's low on oil, or with engine oil that looks dirty or burned.

Engine



A V6 engine, as well as numerous V8 engines, could be specified for Silverado models. Automatic or manual transmissions and two or four-wheel drive were also available, depending on the model in question.

What Owners Like



Owners note a roomy cabin, confident passing and towing power, a pleasing ride and a solid, heavy-duty feel. Mileage is often rated highly too — particularly on the 4.8L and 5.3L-powered models. Many owners say their Silverado "tows like a dream."

What Owners Dislike



A more positive and precise brake-pedal feel, a better standard audio system, and higher-quality interior trim are on the wish-lists of many owners.

Verdict

A careful test drive and inspection from a GM-trained mechanic familiar with Silverado's potential issues should be considered mandatory. A healthy last-generation model appears ideal for those after proven performance, comfort and confident towing.

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R3483A

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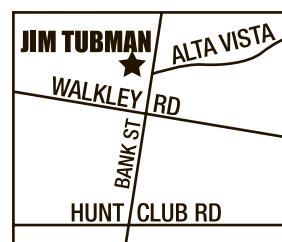
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2012 Ram 1500 Crew Cab Longhorn 4x4 shown.‡

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Auto lighting: More than just pretty colours

Driving Force. According to Ford, interior lights are important factors to drivers

JIL MCINTOSH
Drive@metronews.ca

Light and colour can be powerful forces, affecting our eyes and even our moods and perception. That can be very important when you're driving so automakers design their interior lighting to reduce eye strain, draw your attention to important information and make the vehicle soothing and comfortable.

"We look at how people interact with colours," says Mahendra Dassanayake, technical leader in opto-electronics for Ford Motor Company.

"Lights, graphics and displays are critical to drivers [and] we need to make sure that the information is presented to the customer in an effective way."

On the upcoming re-

Did you know?

- Certain levels or combinations of light trigger enzymes in the brain, which cause emotional responses. Automakers use these responses when determining what type of lighting should be used for various functions.
- Auto lighting designers must take the outside environment into consideration: lights inside the vehicle must display equally well in daytime or nighttime conditions.

designed Ford Fusion, drivers will be able to select the car's ambient lighting from a choice of ice blue, blue, purple, orange, red, white or green. The company says that ice-blue lighting is a particularly strong choice, since it can help keep occupants more alert, and makes it easier for drivers to notice other information the car is providing. Green relaxes people, who breathe slowly and deeply in its presence.



On the upcoming Ford Fusion, drivers will be able to select the car's ambient lighting from a wide choice of different colours. Do these colours get your attention? FORD CANADA

Orange is described as "outgoing and optimistic," while red evokes strong emotions and gets your attention right

away.

Messages communicated via the instrument cluster are colour-coded as well.

"These are red, amber or green, depending on how critical the information is," Dassanayake says. Just as a

traffic signals use these three colours to indicate stop, caution or move ahead, the car's warning lights are coded similarly. A mild warning such as a reminder from the tire pressure monitoring system would warrant an amber light, while an urgent one, such as low oil pressure, flashes red to immediately grab the driver's attention.

The company also uses colour-coding on its MyFord Touch system, an in-dash touch-screen that accesses the vehicle's climate, entertainment, telephone and navigation systems. With a different colour dedicated to each of the four areas, the driver can potentially find a specific function faster than reading each heading, which means less time looking away from the road.

Automotive lighting will continue to evolve as new engineering and technologies are developed, Dassanayake says.

And the field is wide open: other than grey or brown, there are no colours that aren't open to consideration.

metro

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Crossword

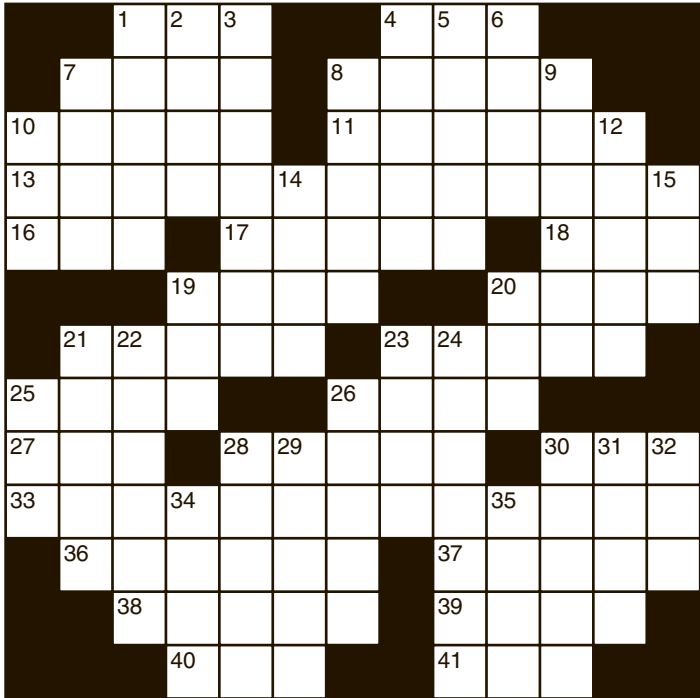
Across

- 1 Hosiery shade
4 College stat
7 Met melody
8 BBQ load
10 Part of the flora
11 Juicy bit of gossip
13 It sucks
16 Attempt
17 Pay increase
18 Rotation duration
19 Count counterpart
20 Create
21 Resided
23 Exposes
25 Welsh veggie
26 Strictly entre —
27 Recede
28 Detroit team
30 Springtime abbr.
33 Thermoses
36 Impish one
37 Burst forth
38 Become one
39 Spectacles selection
40 Witness
41 Type measures

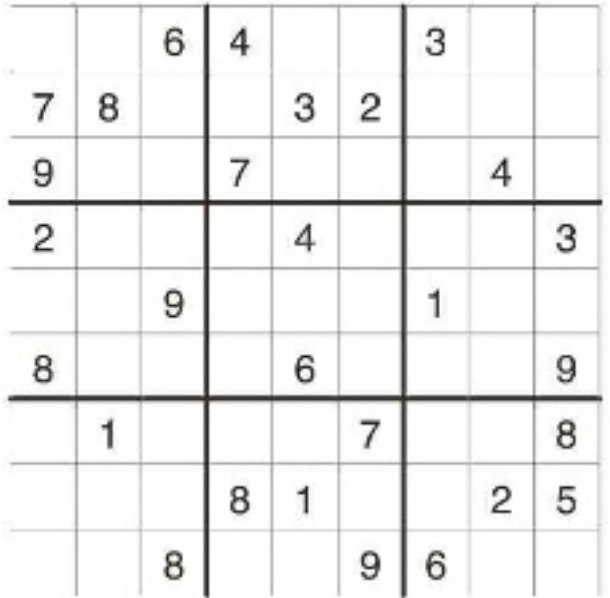
Down

- 1 Frequent Hepburn co-star
2 Japanese indigene
3 Neither sharp nor flat
4 Soccer scores

- 5 Cole Porter subject
6 — Romeo
7 Winged
8 Beany's pal
9 Soda-shop treat
10 Beetle Bailey's rank (Abbr.)
12 Plumbing problems
14 Shopping center
15 "Catcher in the —"
19 Comic-strip squeal
20 — Doubtfire
21 Preclude
22 PC pic producer
23 U2 lead singer
24 Spartan
25 Pentateuch bk.
26 Aristocratic
28 Money, especially when "filthy"
29 Mirror's offering
30 Graduates
31 Energizes, with "up"
32 Queue after Q
34 Works with
35 Spruce



Sudoku



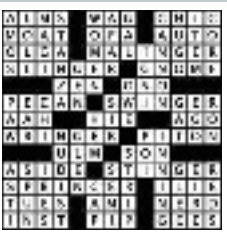
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

8	5	3	1	7	6	9	2	4
7	4	9	3	2	6	1	6	8
1	6	2	4	9	8	3	7	5
3	7	1	8	6	2	5	4	9
8	2	5	9	3	4	7	8	1
4	9	8	5	1	7	2	3	6
2	8	4	7	5	9	6	1	3
9	3	7	6	4	1	8	5	2
5	1	6	2	8	3	4	9	7

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

Z H H M A B K K , Z L T X R M
K I D N R Y A C B A L O Z F D A O A
T X Z F M Z V A C E Q G E Z Q N X J Z
J Z V A K I F H O N G A G K Y A O .
Yesterday's Cryptoquip: SINGER JOHNNY AND
COMIC JIM SHOULD'VE BEGUN A BUSINESS,
GIVING IT THE TITLE CASH AND CARREY.
Today's Cryptoquip Clue: B equals Z



For today's crossword answers and for expanded horoscopes, go to metronews.ca

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10°/2°
Showers
60%

Thursday
13°/-1°
Variable

Know what the weather
will be 14 days from now.
Check the 14 day trend.
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Horoscope

♈ Aries | March 21 - April 20.
Just because someone is acting strangely does not mean they are up to no good.
♉ Taurus | April 21 - May 21.
The only thing you can be sure of is that you can't be sure of anything. If you keep that fact in mind at all times today, you'll do OK.
♊ Gemini | May 22 - June 20. If you make a friend or family member a promise today make sure you are in a position to deliver.
♋ Cancer | June 21 - July 22. No one expects you to be on top of your game every minute of every day, so why expect it of yourself?

♌ Leo | July 23 - Aug. 22. People will pat you on the back and tell you what a great job you are doing. What you do today will be brilliant too.
♍ Virgo | Aug. 23 - Sept. 22. You may find it hard to take someone seriously today but you must take what they tell you seriously.
♎ Libra | Sept. 23 - Oct. 22. Something you hear will upset you today. It isn't aimed at you personally, so why be put out by it?
♏ Scorpio | Oct. 23 - Nov. 21. You possess an unshakable belief in your own abilities. But you don't seem to understand why others have doubts about you. Make it your business to find out.

♐ Sagittarius | Nov. 22 - Dec. 21. You may not see how the changes taking place in your world are for the best, but they are.
♑ Capricorn | Dec. 22 - Jan 20. It's OK to visualize where you want to be ten years from now but it's what you do each and every day that builds the future.
♒ Aquarius | Jan. 21 - Feb 18. You may be unhappy with a certain situation but it would be unwise to give up on it now.
♓ Pisces | Feb. 19 - March 20. You are smart enough to find your own way out of a difficult situation but why not get some assistance?
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"Till death do us part?"

Emily

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44 MPG***

2012 ELANTRA TOURING GL
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Limited model shown

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84 MONTHS



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37 MPG***

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FACTORY TO
CUSTOMER CREDIT***



GLS model shown

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84 MONTHS



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Limited model shown

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PAYMENT

WITH
1.9%
FINANCING FOR
84 MONTHS



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PAYMENT

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58 MPG***

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